

Menu 1: - Weeks Commencing 04/09, 25/09, 16/10, 13/11 & 04/12

	Monday	Tuesday	Wednesday	Thursday	Friday
Bakery	Freshly Baked Breads with Butter, Balsamic & Olive Oil				
Soup	Freshly Made Soup Of The Day				
Main	Locally Sourced 4oz Beef Burger in a Bap	Pork Stroganoff & Vegetable Rice	Roast Topside of Beef & Yorkshire Puddings served with Horseradish Sauce	Baked Breaded Fillet of Chicken with Japanese style Katsu Curry Sauce	Breaded Haddock served with Potato Wedges & Tartare Sauce
Chefs Special	Lamb, Butternut Squash & Prune Tagine with Minted Couscous	Roasted Fillet of Pollack served with a Spring Onion & Chorizo Hash & Smoky Tomato Coulis	Crispy Duck & Vegetable Chow Mein with Plum Sauce	Pasta of the Day served with a choice of a Meat or Tomato & Basil Sauce	Lime & Pepper Chicken Wrap, Warm Slaw & Minted Yoghurt
Vegetarian Dish of the Day	Homemade Veggie Bean Burgers	Soya Mince & Vegetable Chilli served with Soured Cream & Rice	Soya, Apple & Pumpkin Roast	Vegeballs with Curry or Tomato Sauce	Sauteed Cajun Style Quorn & Vegetables
Potato	Minted New Potatoes	Baked Potatoes	Roasties	Steamed Rice	Potato Wedges
Vegetables	Garden Peas & Tossed Salad	Broccoli & Baked Beans	Cauliflower Cheese & Savoy Cabbage	Vegetables Stir Fry & Carrots	Garden Peas & Mixed Leaves
Jacket Potatoes	Freshly Cooked Oven Baked Potatoes Served Daily with Various Fillings				
Salad Bar	A self service selection of salads including pasta, Cous Cous, Coleslaw, Roasted Mediterranean Vegetables, Mixed Beans and Olives accompanied by House Vinaigrette, Mayonnaise, Olive Oil & Balsamic Vinegar				
Deli	A selection of Homemade Grab & Go, Deli Style Sandwiches, Wraps, Flatbreads & Baguettes				
Dessert of the Day	Ginger Sponge & Custard	Treacle Tart & Vanilla Cream	Bramley Apple & Blackberry Crumble with Cinnamon Custard	Warm Polenta Cake with Orange Glaze & Cream	Rice Pudding & Autumn Compote
Dessert Counter	A selection of Yoghurt Pots, Jelly, Fruit Salad & Sliced Seasonal Fruits	A selection of Yoghurt Pots, Jelly, Fruit Salad & Sliced Seasonal Fruits	A selection of Yoghurt Pots, Jelly, Fruit Salad & Sliced Seasonal Fruits	A selection of Yoghurt Pots, Jelly, Fruit Salad & Sliced Seasonal Fruits	A selection of Yoghurt Pots, Jelly, Fruit Salad & Sliced Seasonal Fruits

Menu 2: - Weeks Commencing 11/09, 02/10, 30/10, 20/11 & 11/12

	Monday	Tuesday	Wednesday	Thursday	Friday
Bakery	Freshly baked breads with Butter, Balsamic & Olive Oil				
Soup	Freshly Made Soup Of The Day				
Main	Chilli Tacos with Soured Cream	Beef & Roasted Vegetable Lasagne	Boiled Ham with Parsley Sauce	Pork Meatballs in a Ratatouille Sauce served with Penne Pasta	Breaded Pollack served with Potato Wedges & Lemon Wedges
Chefs Special	Macaroni Cheese	Panfried Turkey Escalope with a Lemon & Honey Jus	Jamaican Jerk Chicken Wrap with Rice & Peas and a Roasted Red Pepper Coulis	Thai Green Chicken Curry, Steamed Rice & fresh Cucumber Pickle	Homemade Individual Pizza
Vegetarian Dish of the Day	Sesame Roasted Tofu & Root Vegetables	Shepherdess Pie Topped with Root Vegetable Mash	Roast Vegetable Moussaka	Mushroom Stroganoff Served with Boiled Rice	Chickpea & Quinoa Falafel, Pitta & Minted Yoghurt
Potato	New Potatoes	Jacket Potatoes	Parsley Potatoes	Saag Aloo	Potato Wedges
Vegetables	Garden Peas & Baked Beans	Rosemary Scented Carrots & Sweetcorn	Parsnips & Cauliflower	Mixed Vegetables & Fine Beans	Baked Beans & Peas
Jacket Potatoes	Freshly Cooked Oven Baked Potatoes Served daily with Various Fillings				
Salad Bar	A self service selection of salads including pasta, Cous Cous, Coleslaw, Roasted Mediterranean Vegetables, Mixed Beans and Olives accompanied by House Vinaigrette, Mayonnaise, Olive Oil & Balsamic Vinegar				
Deli	A selection of Homemade Grab & Go, Deli Style Sandwiches, Wraps, Flatbreads & Baguettes				
Dessert of the Day	Chocolate Pudding with Chocolate Sauce	Pineapple Upside Down Cake Served with Cream	Apple Flapjack Crumble & Custard	Jam Swirl Sponge & Custard	American Pancakes with Maple Sauce
Dessert Counter	A selection of Yoghurt Pots, Jelly, Fruit Salad & Sliced Seasonal Fruits	A selection of Yoghurt Pots, Jelly, Fruit Salad & Sliced Seasonal Fruits	A selection of Yoghurt Pots, Jelly, Fruit Salad & Sliced Seasonal Fruits	A selection of Yoghurt Pots, Jelly, Fruit Salad & Sliced Seasonal Fruits	A selection of Yoghurt Pots, Jelly, Fruit Salad & Sliced Seasonal Fruits

Menu 3: - Weeks Commencing 18/09, 09/10, 06/11 & 27/11

	Monday	Tuesday	Wednesday	Thursday	Friday
Bakery	Freshly baked breads with Butter, Balsamic & Olive Oil				
Soup	Freshly Made Soup Of The Day				
Main	Sweet & Sour Pork with Oriental Vegetables & Rice	Pasta of the Day served with a choice of a Meat or Tomato & Basil Sauce	Roast Turkey served with Cranberry Sauce	Local Pork & Apple Sausages Served with a 'Cider' Gravy	Battered Cod Served with Potatoes Wedges & Lemon
Chefs Special	Beef & Vegetable Pie	Fish Pie with Salmon, Pollack & Prawns and a Creamy Mash Topping	Chilli Con Carne, Rice & Soured Cream	Smoky Spiced West African Jollof Rice with Coconut Fried Chicken	Gammon & Pineapple
Vegetarian Dish of the Day	Five Bean Chilli & Rice	Butternut Squash, Sage & Pearl Barley Risotto	Chickpea, Sweetcorn & Chard Succotash	Red Lentil & Tomato Pie topped with a Cheddar Mash	Tomato & Mozzarella Ravioli in A Sundried Tomato & Basil Sauce
Potato	Steamed Baby Potatoes	Oven Roasted Cajun Potatoes	Roast Potatoes	Creamed Potatoes	Potato Wedges
Vegetables	Vegetable Medley & Baked Beans	Garden Peas & Steamed Carrots	Mashed Swede & Green Beans	Baked Beans & Broccoli	Sweetcorn & Mushy Peas
Jacket Potatoes	Freshly Cooked Oven Baked Potatoes Served daily with Various Fillings				
Salad Bar	A self service selection of salads including pasta, Cous Cous, Coleslaw, Roasted Mediterranean Vegetables, Mixed Beans and Olives accompanied by House Vinaigrette, Mayonnaise, Olive Oil & Balsamic Vinegar				
Deli	A selection of Homemade Grab & Go, Deli Style Sandwiches, Wraps, Flatbreads & Baguettes				
Dessert of the Day	Sultana Sponge & Custard	Lemon Drizzle Cake with Lemon Sauce	Toffee Apple Crumble & Custard	Fruit Compote & Cream	Rice Pudding served With Jam Sauce
Dessert Counter	A selection of Yoghurt Pots, Jelly, Fruit Salad & Sliced Seasonal Fruits	A selection of Yoghurt Pots, Jelly, Fruit Salad & Sliced Seasonal Fruits	A selection of Yoghurt Pots, Jelly, Fruit Salad & Sliced Seasonal Fruits	A selection of Yoghurt Pots, Jelly, Fruit Salad & Sliced Seasonal Fruits	A selection of Yoghurt Pots, Jelly, Fruit Salad & Sliced Seasonal Fruits